

STEPS TO HELP BUILD YOUR HEALTH

Your sessions at "Health Empowerment for All" are structured to address all the dimensions of health. The number of visits is optional and individuals can determine if they want to focus on all steps or some.



STEP 1

INITIAL CONSULTATION:

Discuss your health concerns, goals, any treatments and introduce some general recommendations



STEP 2

DIET:

We share evidence based diets to help you. Session may discuss supplements, food journals, nutritional labels etc...



STEP 3

ACTIVITY :

Focus on how and what activities & exercises will improve your health.



STEP 4

EMOTIONAL HEALTH :

Discuss activities that reduce stress, anxiety and improve emotional health. Includes discussing sleep, meditation, counseling and identifying sources of stress.



STEP 5

ENVIRONMENT:

Discuss things in your environment that may improve or worsen your condition. Includes concepts of nature, light /color exposure, media, pollution.